EL-MOASSER
GUIDE

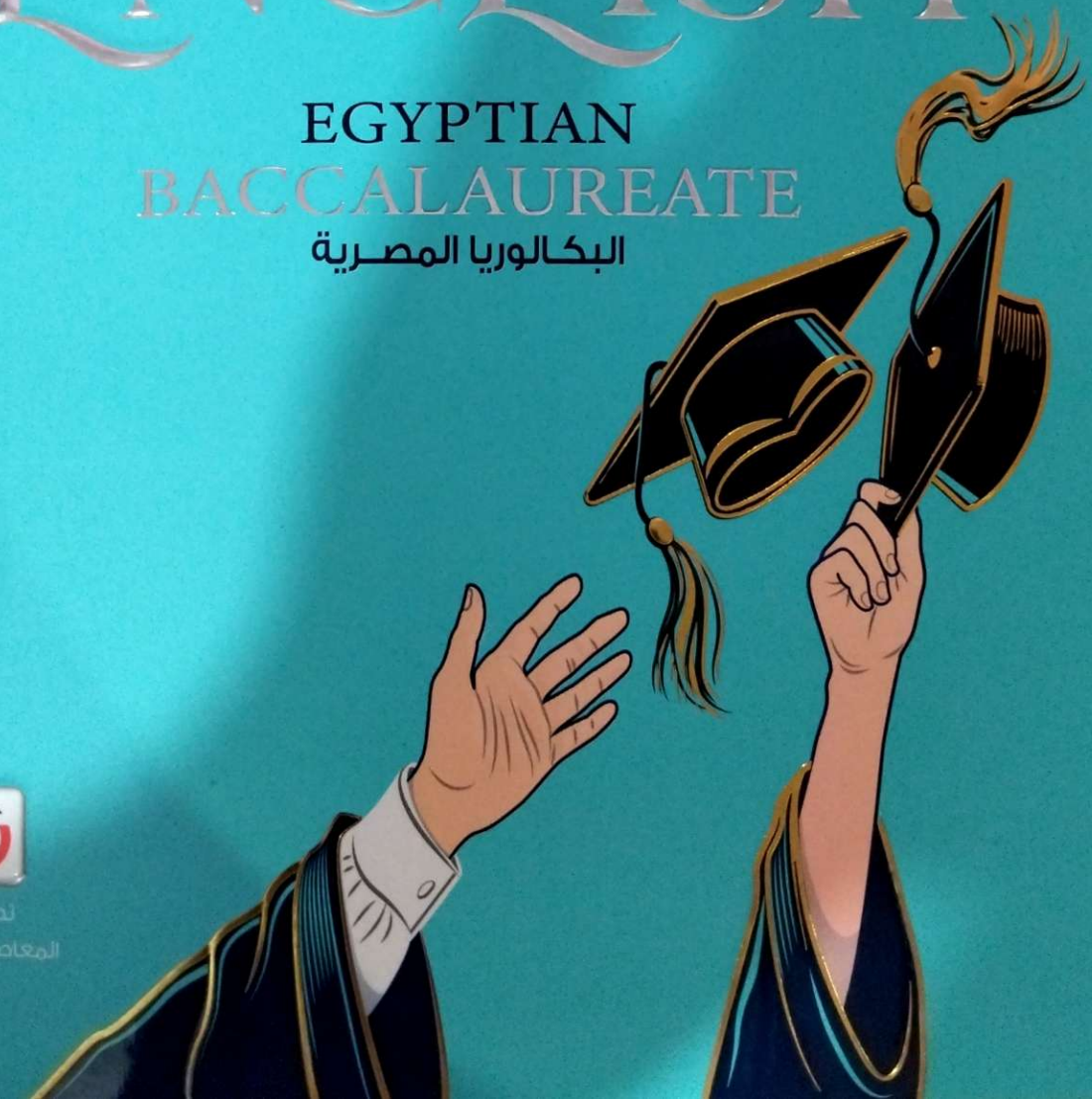
2nd SEC.
2027
GRADE 11

FREE GIFT
NOT FOR SALE

PART 1

ENGLISH

EGYPTIAN BACCALAUREATE
البكالوريا المصرية



تطبيق
المعاصر التفاعلي

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SECTION A : Social Reflection

SB pages 15 : 20

LESSON

1.1

Social Media and Self-Image

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1 VOCABULARY

1 Key Vocabulary المفردات الرئيسية

المفردات اللغوية الأساسية موضع الامتحان [كما وردت فى كتاب الطالب]

absolute word (n)	كلمة قاطعة - لفظ بات	intensifier (n)	أداة تقوية (تستخدم لتقوية المعنى)
bias (n)	تحيّز	neutral language (n)	لغة محايدة
biased (adj)	متحيز - غير محايد	psychiatry (n)	الطب النفسى
biased language (n)	لغة متحيزة	reshape (d) (v)	يعيد تشكيل
comparison (n)	مقارنة	rhetorical question (n)	سؤال بلاغي
evaluative (adj)	تقييمي	social (adj)	اجتماعي
fast-changing (adj)	سريع التغيير	self-esteem (n)	تقدير الذات
hedging word (n)	لفظ مُتحفّظ/ كلمة احترازية	self-image (n)	الصور الذاتية (نظرة الشخص لنفسه)
highlight-reel effect (n)	تأثير اللقطات البارزة أو المثالية		

2 Important Vocabulary

acquaintance (n)	معرفة	mechanism (n)	آلية
celebrity (n)	شخصية مشهورة	media literacy (n)	الوعى الإعلامي
behavioral (adj)	سلوكى	pressure (n)	ضغط
construct (ed) (v)	يبني - يصنع	psychological (adj)	نفسي
convincing (adj)	مقنع	publish (ed) (v)	ينشر
decade (n)	عقد (١٠ سنوات)	selective (adj)	انتقائي
dissatisfaction (n)	عدم الرضا	sensitive (adj)	حساس
expectation (n)	توقّع	social media platforms	منصات التواصل الاجتماعى
filtered (adj)	مُرشّح (مُفلتر)	statistic (n)	إحصائية
formation (n)	تكوين	symptom (n)	عَرَض
gap (n)	فجوة	teenager / adolescent (n)	مراهق
image-based (adj)	قائم على الصور	traditional media (n)	إعلام تقليدي
individual (n)	فرد	transform (ed) (v)	يتحوّل
influencer (n)	مؤثّر	unrealistic (adj)	غير واقعي
imply (ied) (v)	يلمح إلى / يوحى بـ	version (n)	نسخة
instinctively (adv)	بالفطرة - تلقائيًا	viewer (n)	مشاهد

Exercise On Vocabulary

• Choose the correct answer from a , b , c or d :

1 Key vocabulary

1. The lecturer said "Who wants to live under pressure?" He asked a/an ..... question to make the students think; not to receive an answer.
   a. selective b. rhetorical c. unrealistic d. filtered

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2. In "extremely popular", the meaning became stronger because of the ..... .
a. acquaintance b. version c. symptom d. intensifier

3. She said, "Online life is never real." This comment sounds ..... .
a. absolute b. ordinary c. hedged d. social

4. The article praised influencers and ignored their negative effects, so readers noticed its ..... .
a. reality b. treasure c. bias d. research

5. The comment became ..... when the writer called the photo "terrible".
a. psychological b. hedged c. evaluative d. ordinary

6. The lesson asked us to make a/an ..... between online photos and real life.
a. expectation b. comparison c. symptom d. version

7. The lesson links online posts to students' friendships and online interactions, so it discusses ..... effects.
a. psychological b. ordinary c. distant d. social

8. The report was ..... because it supported one opinion and attacked the other.
a. neutral b. ordinary c. distant d. biased

2 Vocabulary in context : Scenario-based questions

9. Khalid reported every foul committed by one team but ignored similar fouls by its rival. Readers criticized him for **bias**. Which situation best demonstrates "**bias**"?
a. A film reviewer applies the same standards when judging films from different studios.
b. A film reviewer changes a rating after discovering that an earlier fact was wrong.
c. A film reviewer gives equally strong films similar scores regardless of who produced them.
d. A film reviewer regularly praises one studio while judging equally good films from its rival much more harshly.

10. SB A podcast host invited only guests who agreed with his views and dismissed opposing opinions without discussing them fairly. Listeners described the program as **biased**. Which situation is the clearest example of being "**biased**"?
a. A judge scores every performance according to the same published rules.
b. A judge gives a friend a higher score even though another performer clearly did better.
c. A judge asks another official to review a result that is extremely close.
d. A judge changes a score after noticing a genuine mistake in the first calculation.

11. Rodayna was choosing between traveling by train or bus. She considered the travel time, comfort and cost of both; this **comparison** helped her decide. Which situation best demonstrates "**comparison**"?
a. A family describes the rooms in the flat they already live in.
b. A family asks a landlord when a broken window will be repaired.
c. A family checks the rent, location and size of two flats before choosing one.
d. A family chooses the first flat they visit without [illegible]

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12. A book club meets every Friday, and members often stay afterwards to talk and get to know one another. It has become an important **social** activity in the neighborhood. Which situation best reflects the meaning of "**social**"?
a. A teenager spends Saturday repairing his bicycle alone in the garage.
b. A large family gathering gives relatives who rarely meet a chance to talk and reconnect.
c. A runner follows an individual training programme at home every evening.
d. A reader spends the weekend finishing a novel quietly in her room.

3 Important Vocabulary

13. Many students bought the bag after a/an ..... had recommended it.
a. viewer b. influencer c. acquaintance d. teenager

14. Kareem kept criticizing his work; this is what we may call ..... .
a. low self-esteem b. research c. formation d. decade

15. Salma feels ..... with her schoolwork; she thinks she can do better.
a. dissatisfaction b. mechanism c. gap d. version

16. As a/an ....., the famous athlete uses his popularity to promote healthy products.
a. viewer b. teenager c. acquaintance d. celebrity

17. Be careful when you comment on appearance; many students are ..... about their photos.
a. distant b. sensitive c. selective d. ordinary

18. Because the app depends mainly on photos, not long texts, it is described as ..... .
a. ordinary b. sensitive c. image-based d. distant

19. The photo looked ..... as Omar used an app that made his skin smoother and the sky brighter.
a. filtered b. distant c. ordinary d. sensitive

20. Comparing herself with perfect posts affected Mariam's confidence and mood; this effect is ..... .
a. social b. ordinary c. psychological d. filtered

21. Expecting your daily life to look like perfect Instagram posts is ..... .
a. sensitive b. ordinary c. selective d. unrealistic

22. Grandpa still gets the news from TV and newspapers, not from social apps; he trusts ..... more.
a. biased language b. traditional media c. neutral language d. low self-esteem

23. Headaches and poor sleep can be ..... of too much online stress.
a. mechanisms b. versions c. symptoms d. acquaintances

24. You can notice the differences by ..... the filtered photos with the original ones.
a. publishing b. comparing c. constructing d. transforming

25. The account has only a ..... feed; it posts medals and parties but leaves out failures and boredom.
a. distant b. psychological c. selective d. ordinary

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26. The article explains the ..... behind online comparison, showing how perfect posts lead students to misjudge themselves.
a. mechanism b. symptom c. version d. decade

27. The lesson shows the wide ..... between perfect online images and normal daily life.
a. decade b. viewer c. influencer d. gap

II DEFINITIONS, SYNONYMS & ANTONYMS

تنويه هذا الجزء هام جدًا سواء على مستوى تعلُّم اللغة أو التميز فى الامتحان.

1 Definitions التعريفات

Word	Definition
absolute word (n) كلمة قاطعة - لفظ باتّ	a word that states an idea with full confidence
bias (n) تحيّز	a strong opinion or preference that makes judgement unfair
biased language (n) لغة متحيزة	words that show a strong opinion and are not fair or neutral
evaluative adjective (n) صفة تقييمية	an adjective that expresses a judgement or opinion (e.g. amazing, toxic, unrealistic)
hedging word (n) لفظ مُتحفِّظ/ كلمة احترازية	a word that shows uncertainty or caution
highlight-reel effect (n) تأثير اللقطات البارزة والمثالية	the tendency to post only the best moments online, creating a false image of reality
intensifier (n) أداة تقوية / مكثِّف	a word that makes an idea stronger
neutral language (n) لغة محايدة	balanced, objective language that is free from bias
rhetorical question (n) سؤال بلاغي	a question that does not need an answer and is used to make the reader think
social comparison (n) مقارنة اجتماعية	evaluating yourself by comparing yourself to others

2 Synonyms المترادفات

Word	Synonym
absolute (adj) مُطلَق - باتّ	certainty, categorical term, unconditional statement
bias (n) تحيّز	prejudice, partiality, one-sidedness
biased (adj) متحيز	prejudiced, partial, one-sided
evaluative (adj) تقييمي	judgmental, opinion-based, assessment-based
hedging (n) تحوّط - مواربة - تَحَسُّب	cautious language, softening language, qualifying expression

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highlight-reel effect (n)	تأثير اللقطات البارزة والمثالية	selective presentation, curated reality, idealized snapshot effect
intensifier (n)	أداة تقوية / مكثف	emphasis word, strengthening word, amplifier
neutral (adj)	محايد	objective, unbiased, balanced

3 Antonyms المتضادات

Word		Antonym
absolute (adj)	مُطلَق - بات	hedging, cautious, uncertain — مُتحوِّط - حذر - غير مؤكد
bias (n)	تحيّز	fairness, neutrality, objectivity, balance — إنصاف - حياد - موضوعية - توازن
biased (adj)	متحيز	neutral, objective, balanced, fair — محايد - موضوعي - متوازن - عادل
evaluative (adj)	تقييمي	factual, neutral, descriptive — واقعي - مُحايد - وصفي
hedging (adj)	مُتحوِّط - مُتحسِّب	absolute, definite, confident — مُطلَق - قاطع - واثق
highlight-reel effect (n)	تأثير اللقطات البارزة والمثالية	full reality, complete picture, honest presentation, real image — واقع كامل - صورة كاملة - عرض صادق - صورة حقيقية
intensifier (n)	مُقوِّي / مكثف	softener, down toner, weakener — مُلطِّف - مُخفِّف - مُهدِّئ
neutral (adj)	محايد	biased, emotional, subjective — متحيز - عاطفي - ذاتي
rhetorical question (n)	سؤال بلاغي	direct question, information question, real question — سؤال مباشر - سؤال معلوماتي - سؤال حقيقي

Exercises On Definitions, Synonyms & Antonyms

1 Definitions

· Choose the correct answer from a , b , c or d :

1. After reading the novel, Mariam wrote, "The theme is **strong**, but the ending is **disappointing**." Her teacher asked her to identify the evaluative adjectives. What does "**evaluative adjective**" mean in this context?
   a. An adjective that states a factual quality such as size or color
   b. An adjective that expresses a judgment about quality or value
   c. An adjective that makes a statement less certain or definite
   d. An adjective that identifies when or where something happened
2. Using a hedging word, Dina changed "This habit improves sleep" to "This habit **may** improve sleep." What does "**hedging word**" mean in this context?
   a. A word that makes a claim less certain or more cautious
   b. A word that makes a claim stronger and more definite
   c. A word that expresses approval or disapproval of something
   d. A word that introduces a comparison between two things

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3. You see only influencers' holidays, celebrations and achievements online and begin to believe that their lives are always perfect. You are experiencing the **highlight-reel effect**. Which definition describes the meaning of "**highlight-reel effect**"?
   a. The habit of comparing prices before buying something
   b. The practice of sharing every detail of daily life online
   c. The tendency to show only the best moments and create an unrealistic picture of life
   d. The habit of judging online information by checking several sources
4. The travel review described the old market as "**extremely crowded**" and the atmosphere as "**incredibly lively**." The words extremely and incredibly are intensifiers. In this context, what does "**intensifier**" mean?
   a. A word that reduces the certainty of a statement
   b. A word that introduces a different point of view
   c. A word that removes personal judgement from language
   d. A word that increases the strength or degree of an expression
5. The news article used **neutral language** to describe what both teams did without praising or attacking either one.
   Based on the sentence above, what does "**neutral language**" mean?
   a. Strongly emotional language used to influence readers
   b. Balanced, objective language that is free from bias
   c. Cautious language used to show uncertainty
   d. Descriptive language used to make an idea stronger
6. During a talk about wasting water, Rokaya asked the **rhetorical question**, "Do we really want a future without enough clean water?"
   What does "**rhetorical question**" mean in this context?
   a. A question used for effect or reflection rather than to obtain an answer
   b. A question asked to obtain specific factual information from someone
   c. A question asked to compare two possible choices directly
   d. A question asked to check whether a previous statement is accurate
7. After seeing his friends' posts about expensive vacations, Youssef began to judge his own life against theirs. This kind of **social comparison** affected how satisfied he felt. Which meaning best matches "**social comparison**" as used in this sentence?
   a. Examining how two communities organize their daily lives
   b. Discussing similarities between people in the same family
   c. Evaluating yourself by comparing yourself with other people
   d. Studying how people communicate in different social situations

2 Synonyms

• **Choose the correct answer from a , b , c or d :**

1. "The article avoided direct judgment by using **hedging**." The underlined word is closest in meaning to ..... .
   a. absolute
   b. confident
   c. cautious language
   d. definite

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2. "The report showed clear **bias** against one side." The underlined word is closest in meaning to ..... .
   a. fairness b. neutrality c. balance d. prejudice

3. "The phrase "completely wrong" contains an **intensifier**." The underlined word is closest in meaning to ..... .
   a. softener b. emphasis word c. weakener d. downtoner

4. "The writer used a **neutral** tone throughout the paragraph." The underlined word is closest in meaning to ..... .
   a. biased b. emotional c. objective d. subjective

5. "Social media often creates a **highlight-reel effect**." The underlined phrase is closest in meaning to ..... .
   a. complete picture b. honest presentation c. real image d. curated reality

3 Antonyms

1 Choose the correct answer from a , b , c or d :

1. "The article showed clear **bias**." The antonym of the underlined word is ..... .
   a. prejudice b. one-sidedness c. neutrality d. partiality

2. "The speaker used an **intensifier** before the adjective." The antonym of the underlined word is ..... .
   a. amplifier b. strengthening word c. emphasis word d. softener

3. "The post created a **highlight-reel effect**." The antonym of the underlined phrase is ..... .
   a. complete picture b. curated reality
   c. selective presentation d. idealized snapshot effect

4. "The writer asked a **rhetorical question**." The antonym of the underlined phrase is ..... .
   a. persuasive question b. emphatic question
   c. question for effect d. direct question

2 Find the words or phrases in the text that are antonyms of the words below.

A careful reader should look for the complete picture, not just perfect scenes. A good article shows neutrality and avoids taking one side unfairly. Instead of judgmental language, it may use descriptive details. A writer can also choose a softener instead of a word that makes meaning stronger. In discussion, a teacher may ask a direct question to get real information from students. This helps readers notice whether language is fair, clear, and balanced.

Word / Phrase	Answer from the text
1. highlight-reel effect	→ The complete picture
2. bias	→ neutrality
3. evaluative	→ descriptive
4. intensifier	→ softener
5. rhetorical question	→ direct question

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Exercises On Vocabulary Study

1 Collocations, Expressions, Idioms & Prepositions

1 Choose the correct answer from a, b, c or d :

1. I usually wake ..... early when I have an important journey.
   a. with b. into c. to d. up
2. Over time, the area transformed ..... a quiet village into a busy town.
   a. from b. with c. into d. at
3. People tend ..... check their phones when they hear a notification.
   a. at b. into c. to d. with
4. Poor sleep can be linked ..... heavy phone use at night.
   a. as b. to c. at d. into
5. The advertisement presents the phone ..... the perfect choice for teenagers.
   a. as b. at c. into d. with
6. My article compares city life ..... village life in several ways.
   a. from b. as c. with d. into
7. An artist reshaped the old piece of wood ..... a beautiful decoration.
   a. at b. as c. from d. into
8. That empty building was transformed ..... a modern community center.
   a. from b. as c. into d. with
9. Teachers often ..... a major role in shaping their students' characters.
   a. treat b. play c. avoid d. find
10. Doing sports regularly ..... healthy habits.
    a. neglects b. discourages c. inspires d. destroys
11. The doctor helped her follow a/an ..... balanced diet.
    a. perfectly b. identity c. ability d. silly

2 Word Family

2 Complete the sentences using the correct form of the word in brackets.

1. The article revealed a clear ..... **(biased)** in favour of one side of the argument.
2. Before she bought her phone yesterday, Mariam ..... **(comparison)** its price and features with those of another model.
3. The reviewer used several ..... **(evaluate)** adjectives, such as "excellent" and "disappointing."
4. In the final draft, the writer ..... **(hedging)** the claim by changing will to might.
5. In the phrase "extremely important", the word "extremely" is used to ..... **(intensifier)** the meaning of the adjective.
6. A fair article should describe both sides ..... **(neutral)** without favouring either one.
7. The speaker asked the question ..... **(rhetorical)** to make the audience reflect rather than reply.
8. The speaker was ..... **(absolute)** certain that his solution was the only possible one.
9. The article's ..... **(neutral)** helped readers trust that both sides were treated fairly.
10. The final ..... **(compare)** between the two adverts showed how differently they presented the same product.
11. The critic's careful ..... **(evaluative)** of the film included both its strengths and its weaknesses.

Exercises On Relative Clauses

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1 Choose the correct answer from a , b , c or d :

1 Getting Started

1. The teacher ..... explains grammar lessons clearly is popular with students.
   a. where b. who c. when d. whom
2. This is the book ..... I bought from the Book Fair.
   a. who b. where c. which d. why
3. Sama is the student ..... project won first prize.
   a. who b. whom c. which d. whose
4. I still remember the day ..... we visited the Grand Egyptian Museum.
   a. who b. when c. which is d. whose
5. Alexandria is the city ..... my cousins live.
   a. where b. why c. when d. whom
6. Heavy traffic is the reason ..... he was late.
   a. who b. where c. why d. whom
7. The boy ..... I met at the library is in my class.
   a. where b. when c. why d. whom
8. The school ..... has a large playground is near my house.
   a. who b. which c. where d. whom
9. The student ..... sits next to me is very helpful.
   a. that b. where c. when d. why
10. The café ..... we usually sit and chat is quiet.
    a. when b. where c. who d. why
11. The month ..... many students take final exams is June.
    a. where b. whom c. who d. when
12. I understand ..... you mean.
    a. where b. who c. what d. whose
13. The girl ..... father is a doctor wants to study medicine.
    a. who b. whose c. whom d. where
14. The village ..... we visited last summer was peaceful.
    a. who b. where c. which d. when
15. The man ..... helped us find the station was kind.
    a. who b. where c. when d. whom

2 Special Cases

16. The car ..... my father wants to buy is electric.
    a. who b. where c. no pronoun d. when
17. The car ..... runs on electricity is expensive.
    a. whom b. where c. no pronoun d. which
18. The doctor ..... I spoke to advised me to sleep early.
    a. where b. who c. why d. when
19. The car ..... running on electricity is expensive.
    a. whom b. where c. no pronoun d. which

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20. The doctor to ..... I spoke advised me to sleep early.
a. whom b. that c. who d. where

21. This is the house ..... my grandfather built.
a. where b. when c. which d. why

22. This is the house ..... my grandfather lived.
a. where b. which c. whom d. why

23. Friday is the day ..... most families visit relatives.
a. where b. when c. which is d. who

24. Friday is the day ..... many students wait for every week.
a. which b. where c. when d. why

25. Cairo, ... is the capital of Egypt, is a crowded city.
a. that b. where c. which d. what

26. The student ..... answer was excellent received praise.
a. whose b. whom c. who d. where

27. The student ..... answered the question received praise.
a. whose b. whom c. where d. who

28. My brother passed the exam, ... made my parents happy.
a. that b. what c. which d. where

29. The boy about ..... health the doctor was worried needed support.
a. who b. which c. that d. whose

3 Check Your Understanding

30. Choose the correct reduced form of: The students who study hard usually get high marks.
a. The students studied hard usually get high marks.
b. The students studying hard usually get high marks.
c. The students are studying hard usually get high marks.
d. The students study hard usually getting high marks.

31. Choose the correct reduced form of: The advice which was given by the nutritionist was useful.
a. The advice giving by the nutritionist was useful.
b. The advice gives by the nutritionist was useful.
c. The advice given by the nutritionist was useful.
d. The advice gave by the nutritionist was useful.

32. The sentence "The student whose visits to Luxor are regular knows a lot about history" means that ..... .
a. the student visits Luxor once
b. Luxor visits the student
c. the student's visits to Luxor are regular
d. the student refuses to visit Luxor

33. In "I will never forget the week which I spent in Aswan," we use **which** because "the week" is ..... .
a. the time when something happened
b. the object of the verb spent
c. the reason for the action
d. a person

34. In "I will never forget the day when I met my best friend," we use **when** because it means ..... .
a. the person who met me
b. on which
c. the object I met
d. the place I visited

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35. In "This is the school where I study," **where** means ..... .
a. which school
b. at which / in which
c. whose school
d. what school

36. In "This is the school which won the competition," we use **which** because the school is ..... .
a. a place where someone studies
b. a time expression
c. the subject of the verb won
d. a reason

37. Which sentence uses **what** correctly?
a. I like the thing what you bought.
b. The book what you bought is useful.
c. What you said was helpful.
d. The student what helped me is kind.

38. Which sentence is correct?
a. Egypt, that has many historic places, attracts tourists.
b. Egypt which has many historic places attracts tourists.
c. Egypt, which has many historic places, attracts tourists.
d. Egypt, where has many historic places, attracts tourists.

2 Complete the following texts with the appropriate structure:

A. Last month, a community center held a free health day. Dr Sama, (1) ..who.. **(she)** runs a nearby clinic, gave a short talk on healthy sleep. The center, (2) ..which.. **(it)** opened only last year, was full by noon. We met a mother (3) ..whose.. **(her)** teenage son had been sleeping badly. The specialist to (4) ..whom.. **(he)** my cousin spoke suggested a simple daily routine. He also used a small device with (5) ..which.. **(it)** he demonstrated how stress can affect breathing.

B. During our trip to Siwa, we stayed for three days in a quiet guesthouse. The first evening was the time (1) ..when.. **(relative adverb)** local musicians performed in the courtyard. The garden was a place (2) ..where.. **(relative adverb)** visitors could sit after sunset. Our final morning, (3) ..which.. **(it)** we spent cycling around the lakes, was unforgettable. We met four local guides, two of (4) ..whom.. **(they)** spoke excellent English. The sunset turned the whole sky orange, (5) ..which.. **(whole idea)** made everyone stop talking for a moment.

C. At a weekend food festival, (1) ..walking.. **(walk)** through the grounds, we could watch chefs preparing dishes in open kitchens. (2) ..served.. **(serve)** fresh from the kitchen, the meals quickly became popular with visitors. One chef offered us a local dessert, (3) ..which.. **(it)** we had never tasted before. The covered hall in (4) ..which.. **(it)** the festival took place remained busy until evening. More than a thousand people attended, (5) ..which.. **(whole idea)** encouraged the organizers to repeat the event the following year.

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3 **Only one sentence in each group is grammatically correct. Choose the correct answer.**

1. a. Cairo, that is the capital of Egypt, is the biggest city in Africa.
   b. Cairo which is the capital of Egypt is the biggest city in Africa.
   c. Cairo, where is the capital of Egypt, is the biggest city in Africa.
   d. Cairo, which is the capital of Egypt, is the biggest city in Africa.

2. a. This is the school where won the science prize.
   b. This is the school who won the science prize.
   c. This is the school which won the science prize.
   d. This is the school when won the science prize.

3. a. A student who studying hard will succeed.
   b. The man to whom I talked was helpful.
   c. The man to that I talked was helpful.
   d. The man where I talked was helpful.

4. a. A student whose studies hard will succeed.
   b. A student studying hard will succeed.
   c. The man to who I talked was helpful.
   d. A student where studies hard will succeed.

5. a. This is the room which I sleep.
   b. This is the room where I sleep in.
   c. This is the room when I sleep.
   d. This is the room which I sleep in.

6. a. The new sports centre opened last month, that attracted hundreds of visitors.
   b. The new sports centre opened last month, which attracted hundreds of visitors.
   c. The new sports centre opened last month, what attracted hundreds of visitors.
   d. The new sports centre opened last month, which it attracted hundreds of visitors.

7. a. We met four volunteers, two of who had travelled from Alexandria.
   b. We met four volunteers, two whom had travelled from Alexandria.
   c. We met four volunteers, two of whom had travelled from Alexandria.
   d. We met four volunteers, two of them whom had travelled from Alexandria.

8. a. I will never forget the week when we spent in Siwa last winter.
   b. I will never forget the week where we spent in Siwa last winter.
   c. I will never forget the week which we spent in Siwa last winter.
   d. I will never forget the week which we spent it in Siwa last winter.

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استخدم ملحق Pre-Assessment لإتقان وفهم مهارات المنهج

Social Media and Self-Image

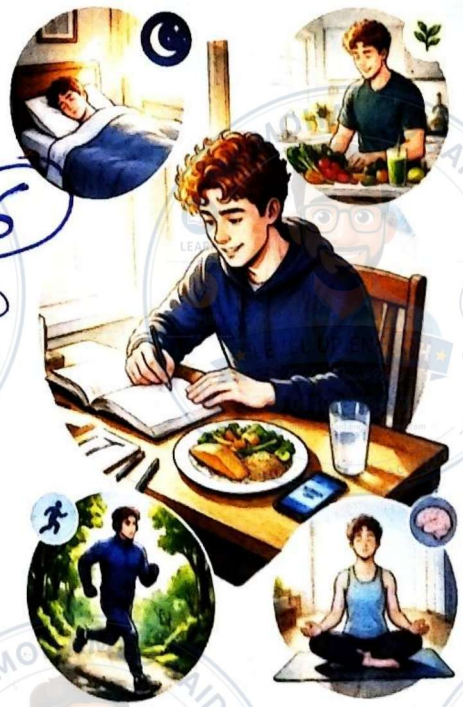
In today's **fast-changing**(1) world, social media plays a **major role**(2) in **shaping**(3) how **teenagers**(4) think, feel, and see themselves. While it can **inspire**(5) healthy habits and positive change, it can also create **unrealistic expectations**(6) and **pressure**(7).

Listening Text

Over the past **decade**(8), social media **platforms**(9) have **transformed**(10) from simple **communication tools**(11) into carefully chosen stages where individuals perform carefully **constructed**(12) versions of their lives. For teenagers, who are at a particularly **sensitive**(13) stage of **identity formation**(14), this change carries significant **psychological**(15) results. **Research**(16) published by the American Psychological Association in 2023 found that teenagers who spent more than three hours daily on **image-based**(17) platforms such as Instagram and TikTok were twice as likely to report **symptoms**(18) of **low self-esteem**(19) and body **dissatisfaction**(20) compared to those who used social media for less than one hour per day.

What makes social media especially powerful, and especially dangerous, is the **mechanism**(21) of **social comparison**(22). Unlike traditional media, where the **gap**(23) between ordinary people and celebrities is obvious, social media has hidden this gap completely. Teenagers are now comparing themselves not only to distant celebrities, but to classmates, acquaintances, and **influencers**(24) who present their lives as easily perfect.

Psychologists use the term **highlight-reel effect**(25) to describe this phenomenon: what appears online is a selective, filtered, and strategically timed part of reality, yet viewers instinctively treat it as a complete and accurate picture.



(1) سريع التغير
(2) دور رئيسي
(3) تشكيل
(4) مراهقون
(5) يلهم
(6) توقعات غير واقعية
(7) ضغط
(8) عقد (عشر سنوات)
(9) منصات
(10) تحولت
(11) أدوات تواصل
(12) مبنية / مصنوعة
(13) حساسة
(14) تكوين الهوية
(15) نفسية
(16) بحث
(17) قائمة على الصور
(18) أعراض
(19) انخفاض تقدير الذات
(20) عدم الرضا
(21) آلية
(22) مقارنة اجتماعية
(23) فجوة
(24) مؤثرون
(25) تأثير اللقطات البارزة والمثالية

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General Exercises On Listening & Reading

تنويه بعد قراءة النص السابق، تدرب على الأنماط المختلفة لتدريبات قطع الفهم.

1 A. Choose the correct answer from a , b , c or d :

1. According to the research mentioned in the passage, teenagers who spent more than three hours a day on image-based platforms are ..... .
   a. Less likely to compare themselves with others
   b. Twice as likely to report low self-esteem and body dissatisfaction
   c. More likely to use social media for communication only
   d. Twice as likely to develop healthier habits

2. The phrase "**carefully constructed versions of their lives**" suggests that people on social media often ..... .
   a. Share everything that happens to them honestly
   b. Describe their daily routines without planning
   c. Select and shape what they show others about their lives
   d. Avoid showing successful or enjoyable experiences

3. Why can social comparison on social media be more powerful than comparison through traditional media?
   a. Traditional media never shows successful people
   b. Teenagers communicate directly with every celebrity they follow
   c. Social media prevents teenagers from seeing people they know
   d. Teenagers compare themselves with apparently ordinary people as well as celebrities

4. Which title best expresses the main idea of paragraphs 3–4?
   a. Why Teenagers Prefer Traditional Media
   b. How Online Comparisons Can Create a False Picture of Reality
   c. Why Celebrities Have Stopped Influencing Teenagers
   d. How Social Media Makes Communication Easier

B. Find evidence from the text:

5. Find evidence that spending long periods on image-based social media may be associated with a more negative self-image among teenagers.

The research by the American Psychological Association in 2023 found that teenagers who spent more than three hours daily on image-based platforms were twice as likely to report symptoms of low self-esteem and body dissatisfaction compared to those who used social media for less than one hour per day.

C. Answer the following questions.

6. Why has social media made the gap between teenagers and the people they compare themselves with less obvious than traditional media did?

Because social media hides this gap completely; teenagers are now comparing themselves not only to distant celebrities, but to classmates, acquaintances, and influencers who present their lives as easily perfect.

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7. How effectively does the research mentioned in paragraph 2 support the writer's warning about social media? Explain using evidence from the passage.

It supports the warning very effectively by providing statistical evidence. The writer warns about "unrealistic expectations and pressure," and the 2023 APA research proves this by showing that teens using image-based platforms for over three hours a day ar "twice as likely to report symptoms of low self-esteem and body dissatisfaction".

8. Based on the idea of the **highlight reel effect**, suggest two practical ways teenagers can avoid judging their own lives unfairly when using social media.

Remind themselves that online posts are a "selective, filtered, and strategically timed part of reality," not a complete and accurate picture.

Limit their daily usage of social media to less than one hour to protect their self-esteem.

2 Read the information, then decide whether the statement is True (T) or False (F). Justify your answer.

A. Teenagers on social media compare themselves only with distant celebrities.

True	
False	False
Justification	Teenagers compare themselves not only to distant celebrities, but to classmates, acquaintances, and influencers

B. The passage describes teenagers as being at an especially sensitive stage in developing their identity.

True

True	
False	
Justification	The text explicitly states that teenagers are at a "particularly sensitive stage of identity formation".

3 Read the social-media post, then answer the questions.

Post from FitBeforeFive: "Everyone who truly cares about well-being should join our 5 a.m. running club. Members sharing sunrise photos show strong commitment to their routine." The club welcomes beginners, yet the post ignores people working late, caring for relatives, or managing health conditions. It also presents one routine as the only sign of commitment.

1. Identify two expressions that show the writer's viewpoint. Explain why one of them may make some readers feel judged.

"Everyone who truly cares about well-being should join".

"show strong commitment to their routine".

2. Analyze how the post could affect students who cannot attend the 5 a.m. running club. Use at least two details from the text in your answer.

The post makes students feel inadequate and excluded because it treats this routine as the only sign of commitment, ignoring their valid excuses like work, health, or family."

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Exercises On Writing

1 Choose the correct answer from a, b, c, or d:

1. Which persuasive technique is used in the sentence, "Why ignore healthy sleep when it supports both body and mind?"
   a. Hedging
   b. Intensification
   c. Rhetorical question
   d. Absolute language
2. Which word acts as an intensifier in the sentence, "A balanced diet is extremely important for well-being"?
   a. Extremely
   b. Balanced
   c. Important
   d. Well-being
3. Which word makes the following claim sound cautious rather than completely certain? "Regular physical activity may improve a person's mood."
   a. Regular
   b. May
   c. Improve
   d. Mood
4. Which word expresses complete certainty in the sentence, "Skipping breakfast never affects everyone in the same way"?
   a. Skipping
   b. Same
   c. Affects
   d. Never
5. Which sentence uses the most neutral language?
   a. Junk-food lovers make terrible choices about their health.
   b. Everyone who eats processed food will become unhealthy.
   c. Some processed foods may contain high levels of sugar, salt, or fat.
   d. Processed food is absolutely the worst part of modern life.
6. A writer changes "Screen-based habits damage teenagers' concentration" to "Screen-based habits **may** affect teenagers' concentration." Why is **may** used?
   a. To make the claim sound completely certain
   b. To make the effect sound more dramatic
   c. To make the claim more cautious and balanced
   d. To turn the statement into a question
7. After a concert, a reviewer wrote that the singing was impressive but the sound quality was disappointing. The review was clearly **evaluative**.
   Which situation best illustrates "**evaluative**" writing?
   a. A museum guide states that an exhibition contains forty paintings.
   b. A film critic describes the acting as powerful but the ending as unconvincing.
   c. A sports report gives the final score and the time of each goal.
   d. A travel guide states when a historic building was constructed.
8. A food blogger described the meal as "**excellent**." In the review, excellent functions as an **evaluative adjective**. Which situation contains a similar type of adjective?
   a. A guide describes a temple as "ancient."
   b. A weather presenter describes the sky as "cloudy."
   c. A shop assistant describes a table as "wooden."
   d. A critic describes a documentary as "remarkable."

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9. A nutrition writer avoided claiming that a new eating plan would work for everyone. He wrote that it **may help some people**, using **hedging**.
Which situation best illustrates "**hedging**"?
a. A transport writer says a new road will definitely remove all congestion.
b. A product review claims that a device always produces perfect results.
c. A citizen says new bus lanes could reduce delays in some areas.
d. A newspaper states that one new rule will completely solve the problem.

10. In a report, Omar changed "The plan will reduce traffic" to "The plan **might** reduce traffic." Might is a **hedging word**.
Which situation contains a word serving the same function?
a. A health article says that regular walking may improve sleep quality.
b. A travel article says that the new railway will certainly transform every journey.
c. A product review says that the battery always lasts for two days.
d. A speaker says that the new system will definitely solve the problem.

11. A restaurant review said that the service was "**extremely slow**." In this sentence, extremely is an **intensifier**.
Which situation best illustrates the use of an "**intensifier**"?
a. A writer says that the view may be attractive in good weather.
b. A tourist describes the mountain view as incredibly beautiful.
c. A guide describes the mountain as beautiful in spring.
d. A visitor says that the view is not beautiful from every direction.

12. Two neighbors disagreed about the use of a shared parking space. In a community notice, I reported what each person said without praising or blaming either one, using **neutral language**.
Which situation best demonstrates "**neutral language**"?
a. A match report states the final score and describes the key events without praising or insulting either team.
b. A match report calls one side "fearless heroes" and the other "careless losers."
c. A match report says one team "deserved everything" while questioning the character of its opponent.
d. A match report describes the referee as "hopeless" while praising every decision made for the home team.

13. During a talk about wasting water, Mariam asked, "Can we afford to waste every drop?" and continued speaking without pausing. She had used a **rhetorical question**.
Which situation best illustrates a "**rhetorical question**"?
a. A traveller asks, "When does the next bus arrive?" and checks the answer.
b. A customer asks, "Does this phone come with a charger?" before buying it.
c. A doctor asks, "Did you take your medicine this morning?" to obtain information.
d. A coach asks, "How can we expect to win if we never train?" and immediately continues his talk to the team.

14. A writer wants to make this statement more balanced: "Processed food always causes poor health." Which revision best achieves this purpose?
a. Processed food definitely causes poor health.
b. Processed food causes extremely poor health.
c. A high intake of some processed foods may contribute to health problems.
d. Processed food never supports a healthy lifestyle.

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15. Read the sentence: "Getting enough sleep is **extremely** important for physical recovery." What is the main effect of **extremely**?
    a. It makes the statement less certain.
    b. It strengthens the importance expressed by the adjective.
    c. It makes the statement more objective.
    d. It changes the statement into a generalisation.
16. A writer wants to replace the biased sentence, "Sedentary teenagers simply do not care about their health," with neutral language. Which revision is best?
    a. Sedentary teenagers are clearly careless about their health.
    b. All sedentary teenagers ignore the importance of good health.
    c. Sedentary teenagers definitely make unhealthy choices.
    d. Some teenagers may have sedentary habits for a variety of reasons.
17. A writer begins an article on well-being with: "Do we really give sleep the attention it deserves?" What is the main purpose of this rhetorical question?
    a. To attract readers' attention
    b. To prove that all readers have poor sleep habits
    c. To make the writer's claim less certain
    d. To ask readers to provide a factual answer
18. A student wants to persuade readers that sleep deserves more attention **without exaggerating the claim**. Which sentence is most effective?
    a. Sleep is always the most important part of everyone's health.
    b. People who neglect sleep completely destroy their well-being.
    c. Regular, sufficient sleep may play a significant role in supporting well-being.
    d. Sleep is extremely, absolutely, and completely essential for every healthy person.
19. A writer originally writes: "Mindfulness is absolutely amazing and completely solves everyone's stress." Which revision would make the claim more credible while preserving its positive message?
    a. Mindfulness always removes all stress from people's lives.
    b. Mindfulness may help some people manage stress more effectively.
    c. Mindfulness is extremely powerful because it completely ends stress.
    d. Everyone should practise mindfulness because it never fails.
20. Which sentence uses **both hedging and an intensifier** appropriately?
    a. Regular activity may have a very positive effect on one's mood.
    b. Physical activity might completely cure every mental-health problem.
    c. Physical activity always improves everyone's mental health.
    d. Physical activity definitely creates possibly better well-being.

2 Write a paragraph of about (150–180) words on the following topic:

"Why are teenagers more affected by social media than others?"

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